

Move It! Activity Pyramid

Name: _____

| Weekday | Physical Activity | How Long? |
|-----------|-------------------|-----------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Did you get at least 30 minutes of moderate activity each day? Yes _____ No _____

Did you get at least 15 minutes of more intense activity, three times a week? Yes _____ No _____

Do you think you're getting enough physical activity? Yes _____ No _____

Why? _____

How can you fit more physical activity into your life? _____

Build a 1,000-calorie or a 100-calorie salad

| Food Item | Unit of Measure | Calories/measure | Number of measures used | Calories provided |
|------------------------|-----------------|------------------|-------------------------|-------------------|
| Chopped lettuce | 1 C. | 8 | X ____ | = ____ |
| Sliced tomatoes | 1 slice | 3 | X ____ | = ____ |
| Bacon bits | 1 T. | 25 | X ____ | = ____ |
| Chopped egg | 1 T. | 14 | X ____ | = ____ |
| Grated cheese | 1 T. | 27 | X ____ | = ____ |
| Broccoli flowerettes | ¼ C. | 12 | X ____ | = ____ |
| Pasta salad | ¼ C. | 103 | X ____ | = ____ |
| Sunflower seeds | 1 T. | 82 | X ____ | = ____ |
| Regular salad dressing | 1 T. | 70 | X ____ | = ____ |
| Low-fat salad dressing | 1 T. | 22 | X ____ | = ____ |
| | | | TOTAL | = ____ |

My Food Diary

Name: _____

| <i>SERVINGS*</i> | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---------------|----------------|------------------|-----------------|---------------|
| Milk (2-3) | △△ | △△ | △△ | △△ | △△ |
| Meat (2-3) | △△ | △△ | △△ | △△ | △△ |
| Vegetable (3-5) | △△△ | △△△ | △△△ | △△△ | △△△ |
| Fruit (2-4) | △△ | △△ | △△ | △△ | △△ |
| Grains (6-11) | △△△△△△ | △△△△△△ | △△△△△△ | △△△△△△ | △△△△△△ |
| <i>Breakfast</i> | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| <i>Snack</i> | | | | | |
| | | | | | |
| <i>Lunch</i> | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| <i>Snack</i> | | | | | |
| | | | | | |
| <i>Dinner</i> | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| <i>Snack</i> | | | | | |
| | | | | | |

**Add triangles as needed if more than the minimum recommended number of daily servings were eaten.*